



# Bauer Drive Seniors

## September & October 2006



Program Director: Vivian Portner 14625 Bauer Drive, Rockville, Maryland 301-468-4015

Join the fun at Bauer Drive Community Center on Mondays from 10am to 2pm for the Neighborhood Senior Program. Bring a lunch and enjoy meeting new people.

### KEEP FIT AT BAUER!

- **Senior Fit** Senior Fit is a free 45 minute exercise program provided in partnership with Holy Cross Hospital and Kaiser Permanente. It meets Monday and Wednesdays 9:15am-10:00am. For more information or registration please call 301-754-7149
- **Chair Volleyball** Every other week 11:00-12 noon
- **Bean Bag Baseball** Every other week 11:00-12 noon
- **Weight/Exercise Room** For seniors registered in the senior program, the weight/exercise room is available free during senior program hours (Mondays, 9-3pm).
- **Blood Pressure Screening** first Monday of the month 10:30-11:30
- **Flu Shots** Flu shots will be available from Montgomery General Hospital on October 2<sup>nd</sup>. Free if you bring your Medicare B card or \$30 without. Please sign up by September 18.

## September

**Monday, September 4** Center Closed For Labor Day

**Monday, September 11**

10:00-11:00 am Socializing and Card Playing

11:00-12:00 noon Chair Volleyball

12:30-1:30 pm

**June Stark, vocals and keyboard**

Enjoy a lively performance of favorite oldies.

**Monday, September 18**

**Please sign up for your flu shot to be given on October 2<sup>nd</sup>.**

10:00-11:00 am

**Socializing and Card Playing**

11:00-12 noon

**Beanbag Baseball**

12:30-2:30 pm

**Bingo**

Join us for a fun game of bingo. Prizes are needed please donate what you can.

**Monday September 25**

10:00-11:00 am

**Socializing and Card Playing**

11:00-12:00 noon

**Chair Volleyball**

12:30-1:15 pm

**Chinese Snuff Bottles**

Chinese snuff bottles represent in miniature all the Chinese arts. Ted Dorf will lecture on this fascinating subject.

## **October**

**Monday, October 2**

10-11:30 am

**Flu Shots**

Montgomery General Hospital will provide flu shots. Please sign up by September 18. Shots are free but you must show a Medicare B card or \$30 will be charged.

10:00-11:00 am

**Socializing and Card Playing**

10:30-11:30

**Blood Pressure Screening**

11:00-12 noon

**Beanbag Baseball**

12:30-1:30 pm

**“Arts for the Aging”, Peter Burroughs,  
Sings Operatic Favorites.**

**Monday, October 9**

10:00-11:00 am

**Socializing and Card Playing**

11:00-12:00 noon

**Chair Volleyball**

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12:30pm-1:30 pm

**The One and Only Dale Jarret**

Enjoy a lively and enthusiastic performance on piano and vocals that will get the place jumping. Don't miss this popular and talented performer.

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**Monday October 16**

10:00-11:00 am

**Socializing and Card Playing**

11:00-12 noon

**Beanbag Baseball**

12:30-1:30 pm

**Fall Prevention**

Suburban Hospital will present a lecture on preventing falls. If you have trouble with balance, don't miss this information.

**Monday October 23**

10:00-11:00 am

**Socializing and Card Playing**

11:00-12:00 noon

**Chair Volleyball**

12:30-2:30 pm

**Bingo & Bridge**

Join us for a game of Bingo or Bridge

**Monday, October 30**

10:00-11:00 am

**Socializing and Card Playing**

11:00-12 noon

**Beanbag Baseball**

12:30-1:30 pm

**Halloween Program**

## **New Service! Free transportation is now available to the Bauer Driver Neighborhood Senior Program for adults 55 and older.**

Bus transportation is available to the Bauer Senior Program free of charge to adults 55 and over who reside within the service area. To Access this service you must reserve a spot the week before you wish to be picked up by signing up with Vivian or Marjorie with your name address and phone number. This will be faxed to First Transit. Service is from the curb to the center. The drivers are not allowed to assist you to the curb. You must be ready and out side when the bus arrives. Pick up will begin at 9 am and the bus will arrive at the center by 10 am and leave the center at 2 pm. There will be service from Leisure World but residents must catch the bus at the bus stop on Rossmoor Blvd. by Clubhouse 1. Service is not available within the City of Rockville, City Limits.

- You may choose to get to get a ride one way when you reserve.
- The bus will not make any stops other than to pick up and drop off at residences and the center.
- If you are not on the list of people who made a reservation you may not get on the bus.
- Please make sure you are ready when the bus arrives.
- Should you need to cancel please call the Senior Program Office so that we can let the bus company know. 301-468-4540
- No service Columbus Day 10/10.

### **Inclement Weather Policy**

When Montgomery County Public Schools (MCPS) are **closed**, all senior classes and programs including lunch and transportation are **CANCELLED**.

If MCPS have a **delayed opening**, all classes scheduled to begin at or after **10am November be held as usual**.

If MCPS closes early, all evening classes and programs are cancelled.

During inclement weather, please listen to your radio for possible school closings or delayed openings. If schools have a scheduled holiday are closed that day, the Recreation Department will make announcements regarding its activities.